

FAT TERMINOLOGY ON FOOD LABELS

Fat free.....	contains less than 0.5 grams of fat per serving
Low fat.....	contains less than 0.3 grams of fat per serving
Reduced fat.....	nutritionally altered product containing 25% less fat than a regular product
Low in saturated fat.....	contains 1 gram or less of saturated fat per serving
Reduced in saturated fat	nutritionally altered product containing 25% less saturated fat than the regular product
Cholesterol free.....	contains less than 2 mg of cholesterol per serving
Low cholesterol	contains less than 20 mg of cholesterol per serving and no more than 2 grams of saturated fat
Reduced cholesterol.....	a nutritionally altered product that contains 25% less cholesterol than the regular product
Lean	contains less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 mg of cholesterol per serving
Extra lean	contains less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 mg of cholesterol per serving
Percent fat free.....	a food's weight that is fat free, which can be used only on foods that are low-fat or fat free to begin with. For instance, if a food weighs 100 grams and 3 grams are from fat, it can be labeled "97 percent fat free." Note that this term refers to the amount that is fat free by weight, not calories